

DESERT AIRMAN

Davis-Monthan Air Force Base, Ariz.

Friday, Oct. 24, 2003

Family, food and fun



Photo by Staff Sgt. Tammie Clark

Jacob Boswell, son of Staff Sgt. William Boswell, 755th Aircraft Maintenance Squadron, takes a break from playing games and enjoying the inflatable climbing wall to have a pumpkin painted on his face by Yummie the clown at the annual D-M 50 picnic Saturday. For more information, see **D-M 50 Picnic celebration a success**, Page 14.

Making advance legal arrangements vital

By 2nd Lt. Beth Tucker
355th Wing Public Affairs

Being able to accomplish the mission while being deployed is dependent on prior training received and the ability to accomplish the tasks at hand. Having the state of mind that all personal business is being taken care of at home will help contribute to the ability to accomplish the mission.

"In our modern society, legal readiness is increasingly necessary," said Capt. David Gilkes, 355th Wing

Office of the Staff Judge Advocate. "Despite all the technological capabilities that one may have in a deployed location you need a comprehensive plan to take care of yourself and your loved ones when you cannot contact them."

The 355th Wing Office of the Staff Judge Advocate's Deployment Readiness pamphlet states that military members must ask two questions when considering making arrangements for a will and for a power

See **Legal**, Page 5

"We needed to go through roughly 4,000 bags with approximately 28 items in each bag to make sure everything was in good shape and not approaching the end of its shelf life," said Davis. "So, we assembled a team of LRS augmentees into 2 shifts that ran 10 hours a day to get it done."

In order to make sure all of D-M's mobility bags were as up-to-date as possible, every bag had to be broken down and all the contents had to be removed.

See **LRS**, Page 4

Hispanic Heritage hosts food extravaganza for Davis-Monthan

In honor of National Hispanic Heritage Month, there is a dance show and food extravaganza event at the youth center today from 6 to 9 p.m. The event is free and features Latin-American food from several restaurants in Tucson as well as folk lore performances by various local organizations. In addition, there will also be a disc jockey providing music throughout the evening. For more information regarding the food extravaganza, call 1st Lt. Alvin Quinones at 228-5970.



Percentage
of D-M goal
achieved:
59 percent

On base Halloween activities

Comment: I am new to Davis-Monthan Air Force Base. My husband and I have young children and are concerned about finding safe Halloween activities for our family. Is D-M planning any activities for its members? What is the base doing to ensure children remain safe from traffic and other dangers that typically accompany the Halloween festivities?

Response: Thank you for your inquiry regarding safety and activities on Davis-Monthan during Halloween. There will be a variety of events happening around base throughout the week. The Mirage Officer's Club will host a Kid's Costume Party from 5 to 7 p.m. Wednesday. Bring the kids out to enjoy treats and a special children's menu. The Desert Oasis Enlisted Club will also have a costume contest with drink and food specials Oct. 31 starting at 8 p.m. Also, anyone who visits the Desert Lightning Community Center in their costume Oct. 31 will receive a treat. The youth center will close at 6 p.m. that day. To ensure the safety of trick-or-treaters, the 355th Security Forces Squadron will be providing additional patrols in base housing throughout the evening. In addition, children are asked to be as visible to traffic as possible by dressing in light colors or by carrying a flashlight. It is the goal of everyone on base to help provide a fun and safe atmosphere so we can all enjoy the festivities. Remain vigilant and report

any suspicious activity or concerns to security forces at 228-3200.

Soliciting in base housing area

Comment: I have a question. My son joined the Cub Scouts and we live in base housing. We were told several times they are not allowed to sell (their popcorn) door to door in the base housing area. However, for four nights straight last week I had a different kid (not members of the Boy Scouts) each night from schools off base come knocking on my door selling their stuff. This is certainly not fair, it seems that the kids who happen to live on base are being punished, but the kids who live off base can come and sell in housing. I'd like to know why there is a double standard. Thank you.

Response: Thank you for your call. The 355th Mission Support Group commander must approve in advance any solicitations, fund-raising events, scout activities, school sales, etc., in base housing, by either residents or non-residents. This policy is in place to protect our residents from disturbances, and to prevent any potential harm to children who might be doing the soliciting. If you would like to participate in these types of activities, forward your request to the housing office. If a solicitor comes to your door, try to get the name of the school or organization and pass this information to the housing office. If you have other questions contact, Ruby Modica, housing manager, at 228-4264.



Col. Larry Stutzriem
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a goal for all D-M people.

Ideas, suggestions, comments, concerns and kudos are important to make improvements.

The best way to pass along a comment or to get an answer to a concern is to **contact the agency chief or functional managers listed here.** Still no solution? The Commander's Corner phone line is 228-4747.

An e-mail can also be sent to: 355th.Wing.CommandersCorner@dm.af.mil.

Callers must leave their name, phone number and a message. They will receive a prompt reply in writing or by telephone. We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published.

Agency numbers

AAFES Agencies.....	228-3904	Housing Office.....	228-3687
Accounting and Finance.....	228-4964	Inspector General.....	228-3558
Chaplain.....	228-5411	Legal.....	228-6432
Civil Engineering.....	228-3401	Lodging.....	228-4845
Clinic.....	228-2930	Military and Civilian Equal	
Commissary.....	228-3116	Opportunity Office.....	228-5509
Family Support.....	228-5690	Military Personnel.....	228-5689
Fitness and Sports Center.....	228-0022	Public Affairs.....	228-3204
Haefner Fitness Center.....	228-3714	Security Forces.....	228-6178
		Services.....	228-5596
		Transportation.....	228-3584

Mission Spotlight

The 79th Rescue Squadron provides rapidly deployable combat search and rescue forces to theater commanders worldwide and conducts helicopter air refueling, airdrop and airland of pararescue personnel and/or equipment for combat personnel recovery using covert and overt low-level operations during day or night using night vision goggles.

The 79th RQS mobilizes, deploys and executes CSAR operations worldwide in defense of national security.

(Right) Capt. Peter White, 79th Rescue Squadron C-130 instructor navigator, watches the terrain on approach to Guayaquil, Ecuador, Aug. 18. About 40 members of the 79th RQS participated in two weeks of search and rescue training with the Chilean air force and 38th Rescue Squadron pararescuemen, from Moody Air Force Base, Ga.



Photo by Tech. Sgt. Brian Davidson



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Editorial Staff

355th Wing Commander.....Col. Larry Stutzriem
Chief, Public Affairs.....Maj. Gary Carruthers
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Perspectives Editor.....Staff Sgt. Tammie Clark
Production Assistant.....Stephanie Ritter

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Family life skills taught to D-M

By Staff Sgt. Tammie Clark
355th Wing Public Affairs

Numerous family life skills programs are available to aid military members and their dependents with the unique challenges associated with military life through the Davis-Monthan Family Support Center.

Services offered by the FSC to support military families range from children's play groups to family life assessments, all of which are designed to help families cope with any situation they may face.

One of the most difficult situations that can face military members and their families is the act of performing a permanent change of station move, and the FSC has several services available to aid a member through every step of the process.

"The family support center works with inbound and outbound members and their families to assist them when they will be PCSing [stateside] or [overseas] to minimize the stresses they will face," said Tom McCord, FSC family support consultant. "A relocation move is the second most stressful time in an individual's life. By helping them in their relocation the military is able to minimize this stress, making the members more productive in their jobs."

"When you are moving to a new base, you need to learn about the new location," said Jackie Abell, FSC volunteer resource program manager.

The FSC has a world wide brochure file which can aid an airman who is PCSing in gaining information about most any location.

In addition to providing reading material about the location, the FSC offers numerous briefings to aid members through the process.

These briefings include the Smooth Move Seminar, the Right Start Base Orientation Briefing and Sponsorship Training Classes, said Abell. "These programs are not only geared toward families, we can help single members and civil service employees as well."

The Relocation Assistance Office loans items to individuals and families waiting for their household goods delivery. Items they loan include pots, pans, toasters, futons and more, said Abell.

To help airmen who are dealing with stressful home situations the FSC offers individual, couple and family life assessments, said Abell.

"We are not counselors, if someone is having a family problem and does not want to go to the chaplain, life skills or the family advocacy counsel, they can turn to us. Heidi Meisterlin, FSC career focus manager, can perform relationship assessments and make referrals to agencies off base. We are not counselors, and can only assess situations."

Due to the many differing needs of the D-M community, the FSC also offers an Information and Referral Service.

This service provides information to airman about agencies available on- and off-base, which are staffed by specialists able to assist individuals with their specific needs.

Every family has different needs, if a military member wanted to get more information about adopting a child born to another military member, the FSC can help them get started on this path, said Abell.

"I have a 1-800 referral number that will link someone to anything they need downtown, everything from babysitter numbers to volunteer numbers," said Abell.

See *Services*, Page 6

Airmen receive UCMJ punishments

An airman from the 355th Logistics Readiness Squadron received a reduction to airman basic for failure to pay debts, a violation of Article 134 of the Uniform Code of Military Justice.

An airman 1st class from the 612th Air Communications Squadron received a reduction to airman for failure to go, a violation of Article

86 of the UCMJ. This is a subsequent Vacation Action of Non-Judicial Punishment.

(Editor's note: Information provided by the 355th Wing Judge Advocate Office. The same offense can result in different punishments for each offender. The commander considers several factors when determining punishment.)



Domestic Violence Support Numbers

Emergency.....911
Life Skills Support Center (Stress Management Class).....228-4926
Alcohol and Drug Abuse Prevention and Treatment Program (ADAPT)228-5507
Family Support Center.....228-5690
Duty Chaplain.....228-5411
(After duty hours).....228-3517
Family Advocacy.....228-2104

Legal Office.....228-5242
Equal Opportunity.....228-5509
Security Forces228-3517
Police Emergencies.....228-4444
Ariz. Coalition Against Domestic Violence.....1-800-782-6400
National Domestic Violence Hotline.....1-800-799-7223
Web site: <http://www.stoptucsondv.com>

News Notes

Flu shots

The 355th Aerospace Medicine Squadron Allergy and Immunization Services will be giving influenza shots to retirees and dependents 10 years of age and older Nov. 12 and 13 from 8 a.m. until 3 p.m. and Nov. 14 from 8 a.m. until 2 p.m. For more information, call Staff Sgt. Jessica Despot, 355th AMDS NCO in charge of allergy and immunization services, at 228-1536.

Blood drive

There is a blood drive Wednesday from 8 a.m. to noon at the Desert Oasis Enlisted Club's ball room. Those wishing to donate should call 228-3131 to set up an appointment.

Holiday greeting marathon

Reel Kids Productions, Inc., a nonprofit youth organization, invites the family and friends of our military stationed overseas to record messages for the troops who will not be home for the holidays. Bring your holiday cheer and if you have one, the address of the recipient. In the past, recordings have included youth drawing pictures, singing songs, playing instruments and showing parents their report cards and trophies. One youth even brought in his two wheeler to show his father he learned to ride it. Pets are also welcome. The recordings will take place Nov. 8 from 10:30 a.m. to 5 p.m. in Studio B, located at 124 East Broadway Blvd. For more information, visit www.reelkidsinc.org. To make reservations, call 744-1310.

National Pharmacy Week

In honor of National Pharmacy Week, there is a free question and answer session today from 11 a.m. to 1 p.m. at the community center. Make sure to bring medications and supplements.

ID theft

Many forms of military identification have been stolen in recent weeks including Air Force Form 1199, Department of Defense Form 2, DD Form 1173, Controlled Access Card, DD Form 1602, AF Form 354, DD Form 2574, AF Form 75, AF Form 75, Operational Form 55 and DD Form 2220. These forms can be duplicated or manipulated and used to access installations and critical resources. Many of these credentials have been stolen from vehicles that were broken into both on- and off-base. It is important for military members to safeguard identification better than ever in the past. Being complacent can be an aid to terrorism.

The beat goes on...

Domestic Violence Awareness Month continues, dispels common myths

By 2nd Lt. Rebecca Garland
355th Wing Public Affairs

"Ok stupid, now that we're committed to each other, brace yourself because I'm going to beat you every 15 seconds," said Random Guy.

"Look, if you want to be a domestic violence statistic, you're not supposed to beat *me* every 15 seconds, because the statistic states *a woman* is beaten every 15 seconds, not just me,"

said Random Girl. "Besides, if you beat me, I'll call the police."

There are many myths about domestic violence and one of those is that domestic violence affects only a few people.

The fact is that domestic violence is the leading cause of injury to women between the ages of 15 and 44 in the United States, which is more than car accidents, muggings and rapes combined, according to a reporting by the Federal

Bureau of Investigation in the Uniform Crime Report.

"An abuser can learn to control their temper, learn not to hit people and learn to not be abusive," said Marley Smith, 355th Medical Group family advocacy outreach manager.

Another myth about violence is that violence only occurs in poor areas. People of all occupa-

See **Violence**, Page 6

LRS

Continued from Page 1

"After breaking down every bag, we had to sort each commodity by lot number and check the shelf life on each one," Tech. Sgt. James Myers, 355th LRS mobility bag team augmentee supervisor. "The entire process was 100 percent hands on inventory. By individually examining each item, the team was able to verify that in addition to each commodity having longer than a one year shelf life, no visible defects like dents or scratches could affect its function."

"The process was tedious and labor intensive," said Davis. "For example, roughly 13,000 [filter] canisters had to be examined. However, the motivation behind the effort was the thought that the work could save someone's life. We talked to each of the augmentees

about the fact that it was their co-workers and buddies that were the ones getting deployed and the ones who would be using the equipment. That helped them see how important the project was."

While examining all of the items in almost 4,000 bags seems overwhelming, the team took on the task with vigor.

"When we first got started, the project seemed like it would take forever," said Staff Sgt. William Velsor, 355th LRS war readiness supervisor. "We had mounds of items to go through that were six feet high. However, we were able to focus and get things done because everyone realized the importance of the job."

Once each item was checked, everything was arranged based on the longest shelf life possible. New mobility bags were then pre-built with the newest, most up-to-date items available.

But verifying that each bag con-



Staff Sgt. Amy Flax

Airman Mintesnot Woldetsadik, 355th Logistics Readiness Squadron, writes up placards for the different manufacture dates of 12K chemical hoods. Augmentees from 355th LRS sorted and inspected the serviceability of not only the hoods but all of the commodities in the Davis-Monthan chemical mobility bags.

tained the highest quality items available was not the only change to the contents of the chemical bags. In the past, pre-built bags included small, medium or large battle dress over-garments. However, D-M is now in the process of switching to the new Joint Service Lightweight Integrated Suit Technology.

"The new chem suit is a better uniform for several reasons, the most important being that it allows for separate sizes," said Myers. "This ensures a better fit so that a person who requires a large pant and a medium top, gets what they need."

Because of the various sizes available, it would not be efficient to pre-build all of the bags with the suits included. Therefore, when members process through the line, their bags will be complete except for the JSLIST suits. They will then be asked to try-on a suit to

ensure they get the proper size.

But even with the extra time required to get the right size suit, the mobility processing line is still faster and more efficient than in the past.

"We have also reorganized the processing line," said Davis. "We knocked out a fence and opened up the area to allow 15 people to process at a time verses roughly eight in the past."

Deploying members are still required to do an inventory of each item in their bag with deployment line personnel. However, according to Davis, the extensive inventory completed by the LRS augmentees has decreased most of the inventories to less than two minutes.

"The project ended up coming together extremely well," said Velsor. "I am proud of all we accomplished in such a short period of time."



Staff Sgt. Lanie McNeal

Demonstrating how deployment lines operate, Airman 1st Class Vincent Le Mau (right), 355th Equipment Maintenance Squadron, works with Senior Airman Jeffrey Kitts, 355th Logistics Readiness Squadron, to ensure his mobility bag has all the necessary equipment. A new system at D-M now helps members preparing to support real-world operations process faster and more efficiently than before.

Legal

Continued from Page 1

of attorney: "What will happen when I'm gone?" and "Do I completely trust my agent?"

The Law Center suggests that anyone who is married or has children obtain a will before deploying.

"Planning a will should be done whenever a major life event occurs, whether you get married, divorced, have children, a loved one dies or you change your wishes," said Gilkes. "Therefore, you need this legal protection regardless of whether you deploy. Certainly, you shouldn't deploy without thinking through what you need."

A will is a statement of how a member's goods will be distributed should he pass away. The Law Center can prepare wills for military members and their dependents free of charge.

The second service the Law Center provides is help with powers of attorney. A power of attorney is "a document used by someone to give someone else the ability to do cer-

"Planning a will should be done whenever a major life event occurs, whether you get married, divorced, have children, a loved one dies or you change your wishes."

— Capt. David Gilkes

355th Wing Office of the Staff Judge Advocate

tain things," according to the Deployment Readiness pamphlet.

Depending on the member's circumstances, there are several types of powers of attorney.

The first question we ask someone coming to get a power of attorney is "What do you need this for?" said Gilkes.

It is important to remember no one is required to accept any power of attorney. "A power of attorney is like a key that only opens certain locks," said Gilkes. "First we need to know what you plan to do with this." Taking into consideration what might need to be done while a member is deployed is essential in determining what type of power of attorney to choose.

The most important consider-

ation in picking a power of attorney is who to give the power to. "If you are having trouble with your spouse, do not give him or her a general power of attorney," says the Deployment Readiness pamphlet. "When you are deployed, your relationship is unlikely to improve and you have just given your spouse a weapon against you."

Choosing a power of attorney should be a personal decision, not forced by someone else. Keep in mind your agent should always be working in your best interest and should know what you would do in the same circumstance.

The Law Center can also assist in understanding private insurance policies and the Soldiers' and Sailors' Civil Relief Act before a

member deploys. Through the Volunteer Income Tax Assistance office, free tax assistance is provided to members and dependents. Call 228-3489 for help in answering your tax related questions.

The Deployment Readiness pamphlet can be picked up at the Law Center in Building 3200. The pamphlet explains what powers of attorney can do and how to pick the right one. It also explains about wills, insurance tax assistance and the Soldiers' and Sailors' Civil Relief Act. Included in the pamphlet are worksheets to prepare your personal, legal and financial information needed when preparing a will or a power of attorney.

The Law Center provides answers to legal questions and same day wills Mondays and Wednesdays 1:30 to 3:30 p.m. and Fridays 8 to 10 a.m. Assistance in powers of attorney is given Mondays through Wednesdays 8 to 10 a.m., Thursdays 9 to 10 a.m. and Fridays 8 a.m. to 10 a.m. The office does not take appointments and the hours listed above are subject to change without notice during exercises and real-work contingencies.



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Services

Continued from Page 3

For airmen, dependants or retirees who are interested in discovering ways they can give something back to the community the FSC provides information for on- and off-base volunteer opportunities, said Abell. The FSC has information for 14 on-base volunteer organizations.

Volunteers should make an appointment at the FSC to register as a volunteer and track their hours, because there is an FSC volunteer

recognition program, said Abell. The FSC uses a variety of events such as luncheons, quarterly certifications and annual ceremonies to recognize volunteers.

In addition to being eligible for awards volunteers who register with the FSC are eligible for free daycare.

Another tool to aid D-M families is Time for Tots, which is held every Tuesday at the Desert Dove Chapel from 9:30 to 10:30 a.m., said Abell.

"Anyone can come. This is not a babysitting service though; kids get to play with other kids and moms get to get out of the house to socialize with other adults. At 10:15 we clean up and sing songs. The last five minutes are spent play-

ing Ring Around the Rosie, the kids love it."

There are many other additional family life skills programs offered by the FSC to aid families through problems which may occur through the course of their military involvement. For more information regarding any of their programs or services, visit the FSC at the corner of Ironwood Street and Craycroft Road between the hours of 7:30 a.m. and 4:30 p.m. or contact them at 228-5690. *(Editor's note: This article is part two of a four-part feature about the base family support center. Articles focus on support programs available to active-duty members, dependents, retirees and DOD civilians.)*

Violence

Continued from Page 1

tions, races, incomes and ages are abused, whether it is by a significant other, roommate or friend. It is considered abuse by Arizona law if the people share a household and the police are called.

Knowing the myths and signs together can help prevent abuse and knowing your friends and family can help heighten awareness of potential abuse.

Another common myth is that battering is just a momentary loss of temper. Battering establishes control and fear in a relationship through violence and other forms of abuse. The batterer uses violent acts and behaviors, including intimidation, threats, psychological abuse, isolation and more to coerce and to control the other person.

The last myth is that it is easy for a battered person to leave their abuser. Women who leave their batterers are at a 75 percent greater risk of being killed by the batterer than those who stay, ac-

cording to the National Coalition Against Domestic Violence.

It is important to be able to recognize some warning signs of domestic abuse along with the myths, so that a relationship does not progress as far as battering. These could include: When your friend and his/her partner are together, the abusive partner violently loses his/her temper and strikes or breaks objects. The partner acts extremely jealous of others who pay attention to your friend. Your friend becomes more and more isolated, not seeing you or other

friends. Your friend often has unexplained bruises, injuries and the explanations do not add up. They cancel plans at the last minute or their child is extremely upset or very quiet and withdrawn and will not say why.

"Domestic violence is a behavior that can be changed, and D-M has agencies here to help you," said Smith. *(Editor's Note: This is part two of a three-part series on domestic violence. The first part ran in the Oct. 17th edition of the Desert Airman. For domestic violence contact numbers, see Page 3.)*

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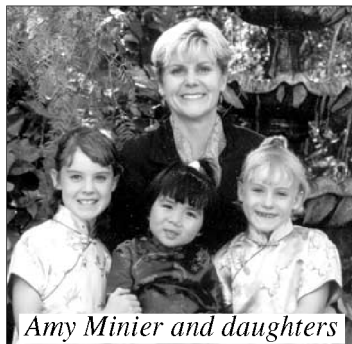
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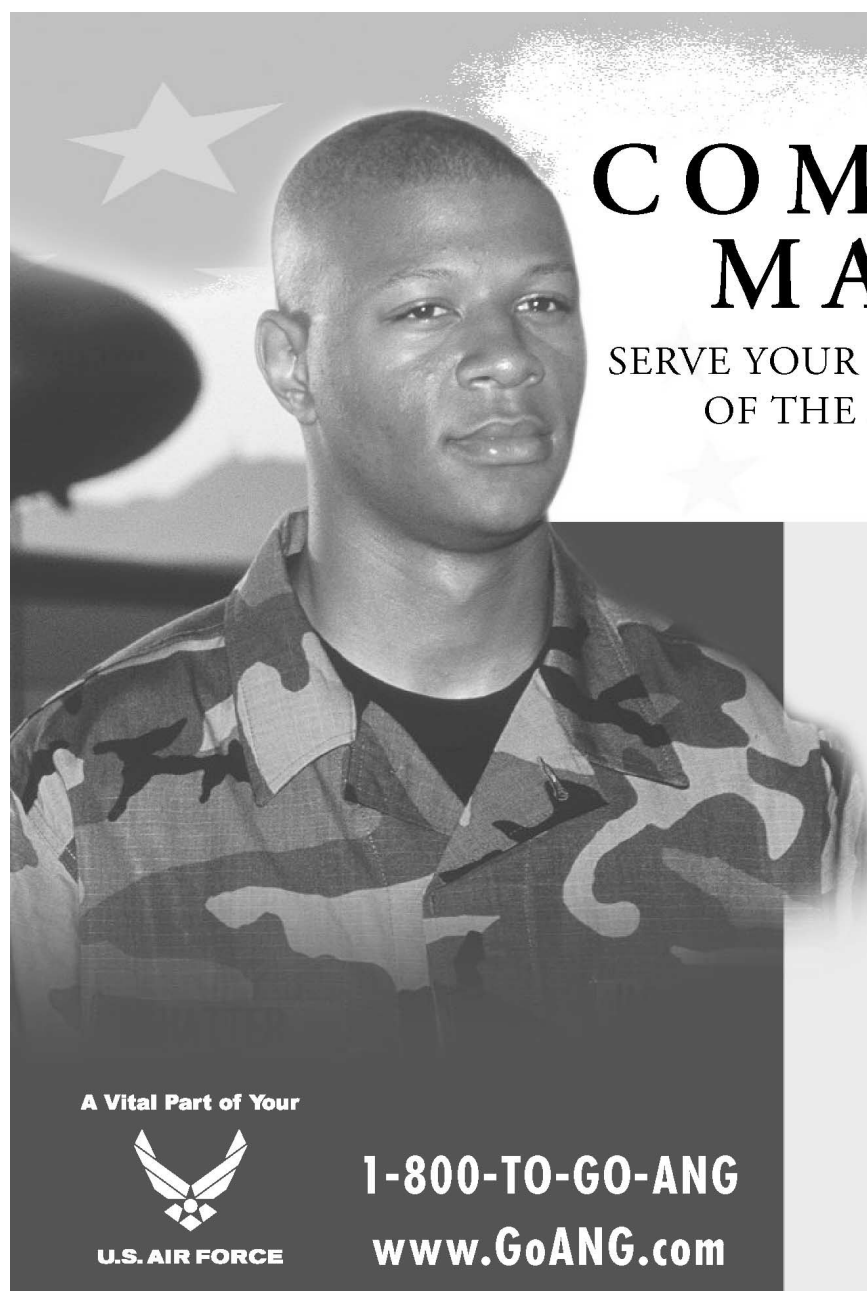
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A M E R I C A N S A T T H E I R B E S T

Three Cs Air Force members should master

By Chief Master Sgt. Jeffrey Halstead
355th Communications Squadron

My first week as a chief master sergeant brought great emotion, and a more comprehensive understanding of the awesome responsibility chiefs have. Several months prior to the promotion, I sought every opportunity to connect with those I would work with and serve.

I began my journey for this ultimate promotion by attending Air Combat Command

Chiefs' Orientation, a sort of charm school for chief selects. I broadened my contacts and learned through a number of Chiefs' Group meetings by sitting face to face with known leaders in the top enlisted grade.

But I have gained my greatest education by sitting on panels at the First Term Airman Center, Airman Professional Development Seminar and Airman Leadership School. If you desire a glimpse at the future of our Air Force first hand, sit on one of these panels or attend a session as a guest.

The level of knowledge and intellect these airmen share from their short experience in the Air Force is nothing short of phenomenal. Questions are not cursory, but detailed and explorative. Their digital upbringing quickly brings logic to older analog thinking. These young airmen have caused me to question how I can best contribute to the welfare of their young, impressionable minds. What can I offer that they have yet to experience?

See *Chief*, Page 9

Final Answer

What do you feel is the most important thing to do before deploying?



**Tech. Sgt.
Linda Miller**
755th Aircraft
Maintenance Squadron

"You should get your finances set up before you go. Paying bills on-line is great."



**Senior Airman
Adam Worley**
355th Logistics
Readiness Squadron

"To me it is important to make sure my wife and family are taken care of, just in case I should not come home for some reason."



**Airman 1st Class
Emily Johnson**
355th Logistics
Readiness Squadron

"I think it is important to talk to your family before deploying. You should write a letter, call or take leave. I know my mother would really like to get to see me before I left."



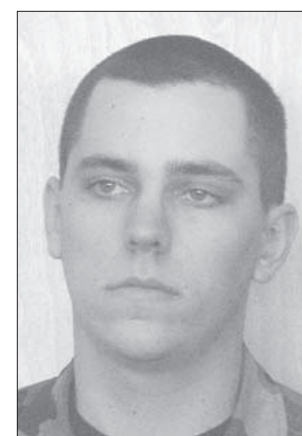
**Airman 1st Class
Parker Lane**
355th Component
Maintenance Squadron

"I think making sure your mobility bag has everything you need and is ready to go before deploying is the most important thing to do."



**Staff Sgt.
Russell Clinton**
612th Air
Intelligence Squadron

"You should relax and spend time with family because you won't be doing much of that where you deploy."



**Airman 1st Class
Stephen Hamm**
355th Communications
Squadron

"Make sure you have a government travel card or you'll regret it when the money has to come out of your pocket."



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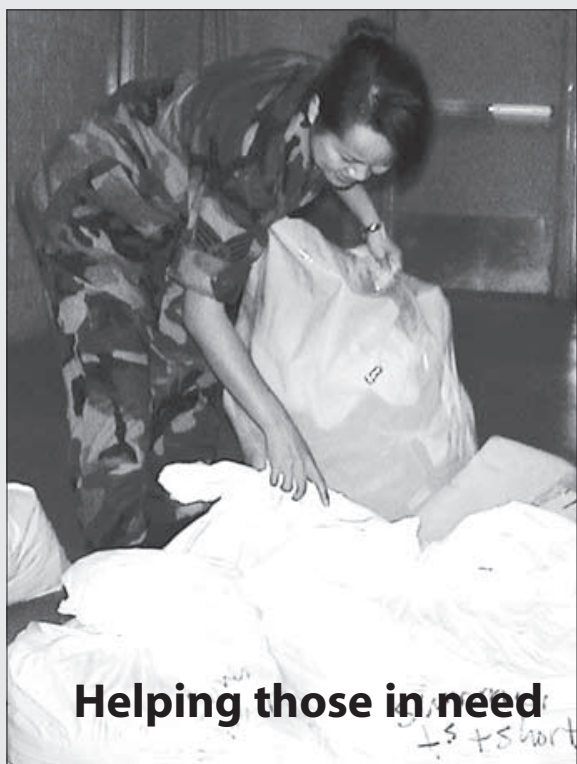


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Lisa McLean

Staff Sgt. Judy Khamphan, 355th Medical Operations Squadron, helps set up the Veteran Administration homeless program area at the Tucson Community Center for the Festival of Hope. Khamphan and several other Davis-Monthan Air Force Base members aided TCC by preparing clothing bags and toiletry kits for homeless and low-income veterans.

Chief

Continued from Page 8

There are many life lessons yet to be learned. There is no replacement for formal education, and I am a staunch advocate of achieving everything possible in academics, but these young lives have had little time to experience the realities they have yet to face. As I exchange ideas with airmen, I generally find three areas that I can contribute to most, issues which will add to their ability to practice as a follower, practitioner or leader. Each airman, enlisted and officer, can benefit from learning the attributes of compassion, courage and credibility.

Admitted or not, we are all very fragile in our humanity. We may put up a hard front and act as though few issues bother us. But in reality most of us hold in our true feelings to the point of distress.

Compassion is an important part of being a public servant, helping the world community and leading airmen. Kindness and consideration for others adds to our ability to lead with emphasis, yet understanding. Even the brash and insistent Gen. Douglas McArthur stated in a speech to the U.S. Military Academy in 1962, "Stand up in the storm, but have compassion on those that

fall." Compassion gives us the ability to add understanding to logic.

While compassion is of the heart, courage is of the gut. I could address a number of circumstances where courage is needed as an airman, but here I am talking about morale courage. Morale courage is needed most often for sincerity and honesty. When asked by a leader, particularly your supervisor, to share your concerns it often takes a great deal of intestinal fortitude to muster the courage to share your deepest thoughts. However, by doing so you may give others the courage to speak up.

Compassion and courage can bring respect from peers and subordinates alike. But only through credibility can any of us achieve success. Credibility is not gained through self-reliance, but by drawing on the distinctive strengths of each member of the organization. It is a particularly delicate issue. One misplaced word or action can destroy years of dedication to gain credibility. Taking responsibility and setting the example are the precursors to achieving credibility.

Our newest and brightest resources in the Air Force will gain compassion, courage and credibility as they grow with experience.

As leaders, we are responsible to teach by example, and as a leader, I will continue to seek every opportunity to connect with those I will work with and serve.

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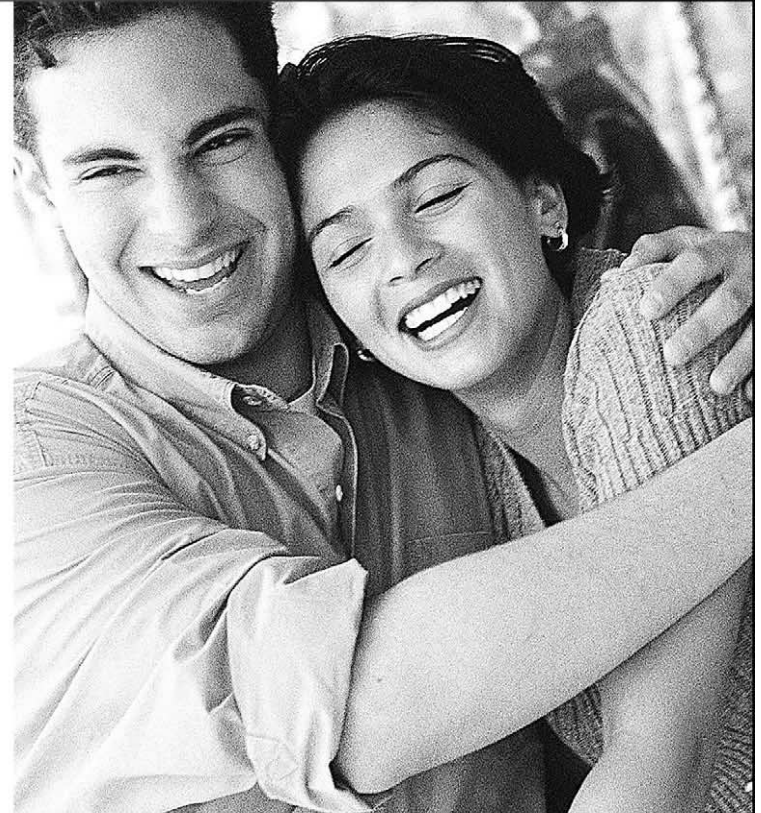
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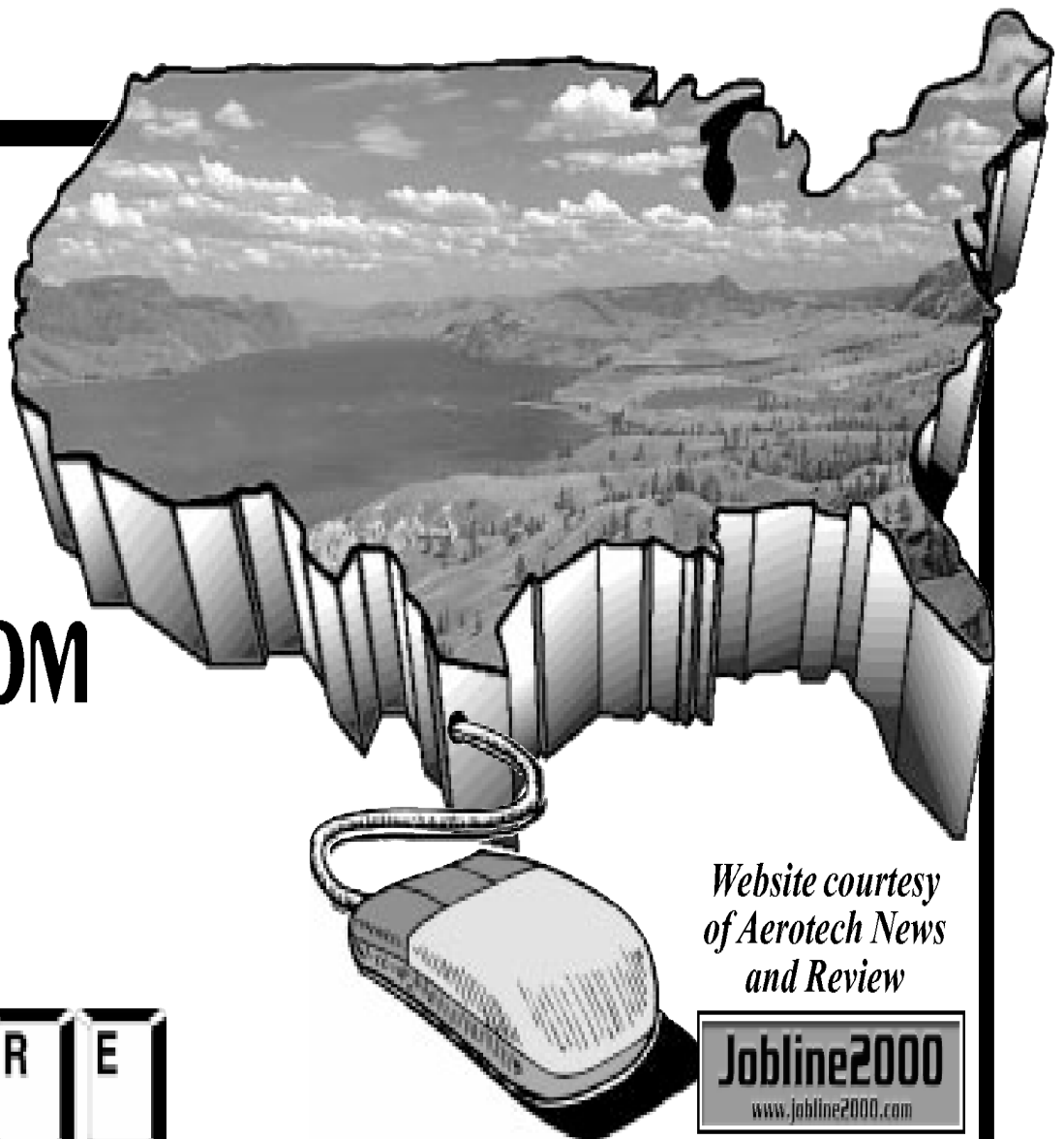
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Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member (officer, enlisted or civilian) of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)

Name: Tech. Sgt. Romeo Reyes

Organization: 355th Contracting Squadron

Duty title: Contract administrator

Hometown: Pensacola, Fla.

Marital status: Married with two wonderful children.

Years of service: 14 years

Reason for joining the Air Force: I joined the Air Force to take advantage of the educational benefits and to obtain a new skill.

Main responsibilities: My main responsibilities include administering and overseeing multiple service contracts that support the base.

Best aspects of job: The best aspect of my job is being able to work with different activities on base.

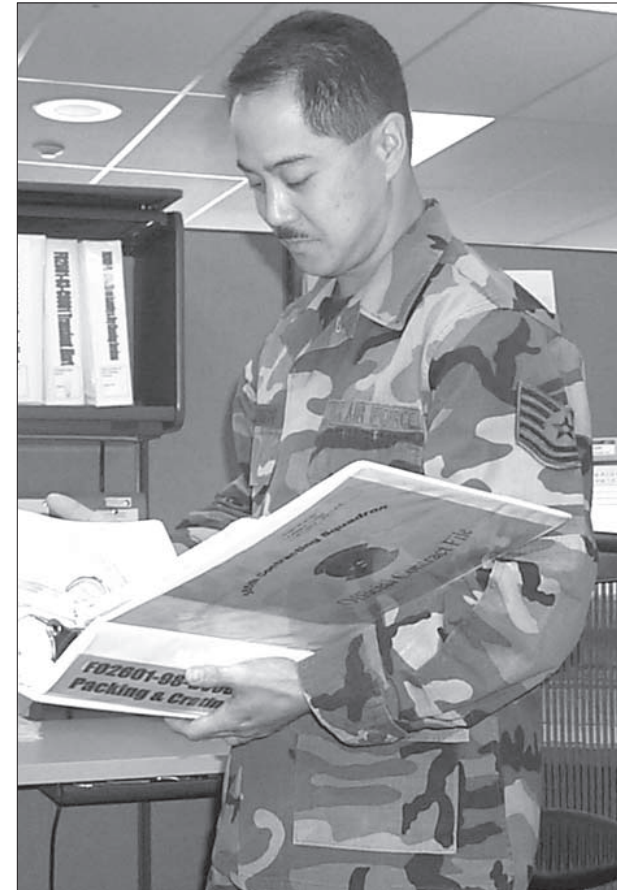
Goals: My goals are to obtain a bachelor's degree and retire as a senior NCO.

Hobbies/outside activities: I enjoy windsurfing, sailing and spending time with my family.

Favorite thing about D-M: My favorite thing about Davis-Monthan is the weather and the variety of restaurants in the local area.

My best assignment: My best assignment was Hurlburt Field, Fla., working with the Red Horse Squadron. I really admired how that unit could take an empty field and create an actual living environment. Also, you cannot beat the Florida beaches.

Inspiration: My inspiration is my wife, who inspires by action, not only words, and tackles adversity head on. I know she will always be there through the good and bad times. She's a wonderful mother and I couldn't have asked for a better wife.



Staff Sgt. Tammie Clark

AADD reduces DWI

Airman Against Drunk Driving provides fellow D-M members peer support, education, awareness and an alternative to driving under the influence in an attempt to stop airmen from drinking and driving.

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For information about AADD, contact Senior Airman Nicholas Samaras at 228-3201.



New commander

(Left to right) Lt. Col. Matthew Yotter, 41st Electronic Combat Squadron commander, awards Tech. Sgt. David Heuvelhorst an Air Medal, an Aerial Achievement Medal fifth oak leaf cluster and an Air Force Commendation Medal third oak leaf cluster during a commanders call. Yotter assumed command of the 41st ECS July 21.

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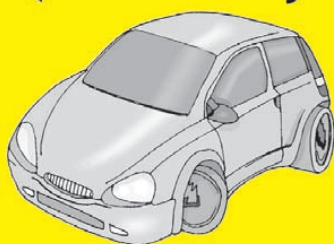
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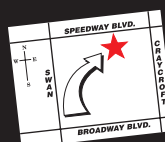


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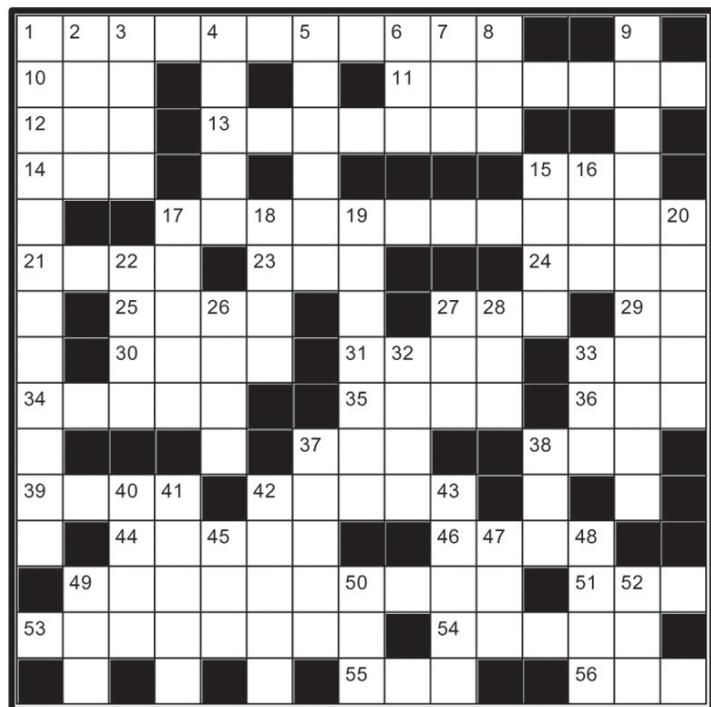
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Halloween puzzle

By 1st Lt. Tony Wickman

Alaskan Command Public Affairs



Across

1. Start of title of 1917 Washington Irving Halloween story
10. Tombstone letters
11. Male witch on Halloween
12. Supreme Allied commander in WWII informally
13. Former Simpson trial lawyer
14. Average grade
15. Wane
17. End of 1 Across
21. Pig noise
23. Type of AF unit not associated with a MAJCOM
24. California town
25. Eerie emanation on Halloween
27. School org.
29. Tail marking for a/c assigned to 103rd FW
30. Thin
31. Appeal
33. Part of a circle
34. Kingdom
35. Football great Andy _____
36. Military pay entitlement (abbrev.)
37. Needle
38. Gallop

Down

39. Computer maker
42. Items received from 1 Down
44. Item received during 1 Down
46. Major or Minor
49. Item for 20 Down
51. Item used to collect 1 Down items
53. Items for 1 Down
54. Gathering for 20 Down
55. Oklahoma city
56. Explosive

19. A Jack-o-Lantern is carved from it
20. Halloween hag
22. Fed. space agency
26. Edges
27. Zip
28. Light touch
32. Bring an aircraft to rest?
33. Middle East country ___ Dhabi
37. Faded fad
38. Military recon info system (abbrev.)
40. Mistakes
41. 1977 TV miniseries on Haley novel
42. Military communication officer (acronym)
43. Joshua tree genus
45. Hulk's Ferrigno
47. 1929 picture studio
48. Help
49. Ghost's cry
50. Fed. agency concerned with transportation
52. Actress Penelope ___ Miller

(Editor's note: The Halloween puzzle solutions will be published in the Oct. 31 edition of "The Lighter Side.")

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D-M 50 picnic celebration a success

Members of the Davis-Monthan community gathered together at Bama Park Saturday to celebrate the 12th Annual D-M 50 Picnic.

The celebration kicked off with two highly anticipated softball games. In the first game the Eagles defeated the Chiefs with a final score of 9 to 6. The second game ended with a landslide 18 to 5 victory by the Shirts over the Commanders.

The day was filled with activities for all ages ranging from mechanical bull riding to a giant inflatable slide for children, all provided free of charge to the base by the D-M 50 organization.



Tech. Sgt. Marlin Zimmerman



Staff Sgt. Tammie Clark

(Top) James Pumarejo, D-M Dang Soo Do instructor, demonstrates a mind over matter exercise by breaking bricks with his bare hands. (Left) Chelsea (left) and sister Mylia, daughters of Tia and Staff Sgt. Ray Briggs, 355th Civil Engineer Squadron, play in a jumping castle. (Bottom right) Sarah Boswell, daughter of Staff Sgt. William Boswell, 755th Aircraft Maintenance Squadron, scales an inflatable rock wall. (Below top) Julie Corsby, daughter of Carrie and Tech. Sgt. Mark Corsby, 355th Dental Squadron, tries her hand at the "Over and Under" game as friends cheer her on.



Staff Sgt. Matthew Lohr

(Above) Jack Briggs, son of Margaret and Lt. Col. Jack Briggs, 612th Air Base Squadron, Honduras, takes a break from the numerous games and other activities to have his face painted by a clown at the D-M 50 Picnic.



Tech. Sgt. Marlin Zimmerman



Tech. Sgt. Marlin Zimmerman

(Above) Samantha Jenkins, daughter of 1st Lt. Jennifer Jenkins, 355th Wing and Staff Sgt. Chris Jenkins, 355th Logistics Readiness Squadron, takes a ride on the mechanical bull.



Staff Sgt. Tammie Clark

Fitness Center Classes

The following is a list of classes offered at both fitness centers. Class fee is listed if applicable. Other classes are free.

Monday

9 to 9:45 a.m. – Water Aerobics – \$2 - High Inten-
sity – New Fitness Center
11 to 11:45 a.m. – Water Aerobics – Medium
Intensity – New FC
11 a.m. to noon - Pilates - \$2 - New FC
11 a.m. to noon – Step Aerobics – Haeffner Fitness
and Sports Center
Noon to 1 p.m. - Spinning – Haeffner
5 to 6 p.m. – Step Aerobics – Haeffner
4:30 to 5:50 p.m. – Dang Soo Do (8-14 yr olds, white
and yellow belts) – New FC
6 to 6:50 p.m. - Dang Soo Do (8-14 yr olds, orange
belts and up) - New FC
7 to 8 p.m. – Dang Soo Do (15 years plus) – New FC

Tuesday

9:15 to 9:45 a.m. - Water Aerobics – High Intensity
– New FC
10 to 11 a.m. – Senior/Low Impact Aerobics – \$2 -
New FC
11 a.m. to noon - Pilates - \$2 - New FC
11 a.m. to noon - Step Aerobics - \$2 - Haeffner
Noon to 1 p.m. – Circuit Training – Haeffner
5 to 6 p.m. - Pilates -- \$2 -- New FC
5 to 6 p.m. - Step Aerobics -- \$2 -- Haeffner
6 to 8 p.m. - Self Defense (Kyokushin) -- \$25/month -
- New FC

Wednesday

9 to 9:45 a.m. – Water Aerobics – \$2 - New FC
11 to 11:45 a.m. – Water Aerobics – Medium
Intensity – New FC
11 a.m. to noon – Step Aerobics – Haeffner
5 to 6 p.m. – Step Aerobics – Haeffner
6:15 to 7 p.m. - Water Aerobics - High Intensity -
New FC
4:30 to 5:50 p.m. – Dang Soo Do (8-14 yr olds,
orange belts and up) – New FC
6 to 6:50 p.m. – Dang Soo Do (8-14 yr olds, white
and yellow belts) New FC
7 to 8 p.m. – Dang Soo Do (Adults) – New FC

Thursday

9:15 to 9:45 a.m. - Water Aerobics – High Intensity
– New FC
10 to 11 a.m. – Senior/Low Impact Aerobics – \$2 -
New FC
11 a.m. to noon - Pilates - \$2 - New FC
11 a.m. to noon - Step Aerobics - \$2 - Haeffner
Noon to 1 p.m. – Circuit Training – Haeffner
5 to 6 p.m. - Pilates - \$2 - New FC
5 to 6 p.m. - Step Aerobics - \$2 - Haeffner
6 to 8 p.m. - Kyokushin – \$25/month - New FC

Friday

9 to 9:45 a.m. - Water Aerobics - \$2 - New FC
11 to 11:45 a.m. – Water Aerobics – Medium
Intensity - \$2 – New FC
11 a.m. to noon – Pilates - \$2 - New FC
11 a.m. to noon – Step Aerobics – Haeffner
Noon to 1 p.m. – Spinning – Haeffner
4:30 to 5:50 p.m. – Dang Soo Do (8 to 14 yrs, white
and yellow belt) – New FC
6 to 6:50 p.m. – Dang Soo Do (8 to 14 yrs, orange
belts and up) New FC
7 to 8 p.m. – Dang Soo Do (Adults) – New FC

Saturday

10 to 11 a.m. - Step Aerobics - \$2 - New FC

Sunday

9:15 to 10:15 a.m. - Cardio Plus - \$2 - New FC
Reminder: Active-duty members enrolled in the
Fitness Improvement Program have priority in free
aerobics classes (per AFI 34-266, para 3.4). Videos
are available for check-out at the new fitness center
for use in the aerobics room. For more information,
call 228-0021 or 228-0022.

Sports Shorts

Roper Lake Fishing Trip

A fishing trip to Roper Lake is set for Saturday and Sunday. The lake is located four miles south of Safford, Ariz., and is part of Roper Lake State Park. The lake offers both warm- and cold-water species including rainbow trout, largemouth bass, sunfish and channel catfish. There is also an improved boat ramp and accessible fishing opportuni- ties for physically challenged anglers to parking and restrooms.

The group departs at 8 a.m., arriving at the lake around 10 a.m. Camp setup will be accomplished first, then we'll bring the boats to the docks and allow everyone a chance to fish in boats or off the docks as desired. Nature trails are also available.

The trip returns Sunday around 4 p.m. Trip cost is \$40 per person and includes transportation, tackle, poles, canoes, boats, coolers and all camping equipment. Please dress for the weather, bring extra clothes and hiking boots if needed. Bring food, snacks and plenty to drink. (Note: This trip was changed from Parker Canyon Lake due to water quality problems.) For more infor- mation, call 228-3736.

New hours for bowling

Starting Nov. 2, the bowling center will hold Family Dollar Days from noon to 6 p.m. Enjoy \$1 games (per game/per bowler), shoe rentals, hot dogs, fries and nachos (bowlers only on snack bar items). Wednesdays, Fam- ily Cosmic Bowling from 5:30 to 7:30 p.m. Use your coupon in the Services Activity Magazine and receive \$1 off a \$10 two-hour lane rental on Family Cosmic Bowling. For more information, call 228-3461.

5K Fun Run

There is a Ghost and Ghouls 5K Fun Run Oct. 31 beginning at 7 a.m. For more informa- tion, call Jason Herrera at 228-0018.

Basketball registration dates

Youth basketball registration continues Tuesday and Nov. 1. Cost is \$45 for members and \$50 for non-members. For more informa- tion, contact Armando at 228-8365.

Intramural 10K Run

There is an intramural 10K run Nov. 7 beginning at 7 a.m. For more information, call Jason Herrera at 228-0018.

Single? Play golf?

If you are single, 21 or older, and enjoy playing golf, the Tucson Chapter of the American Singles Golf Association invites your participation. For more information, call 798-6338, or visit them on the Web at www.tucsonsinglegolf.com.

Call for players

Anyone interested in playing roller hockey is asked to e-mail Paul Walker at mimillibar@cox.net, or call him at 465-3397.

AMMO golf tournament

AMMO is sponsoring a golf tournament Nov. 7 at the Blanchard Golf Course. Cost is \$30 per person and the tournament starts at 12:30 p.m. For more information, call David Atkins at 228-8008.

Senior Women's bowling tournament

The D-M bowling center will host the Tucson City Senior Women's Bowling Tour- nament Nov. 8 and 9. For more information, call 228-3461.

Senior Men's bowling tournament

The D-M bowling center will host the Tucson City Senior Men's Bowling Tourna- ment Nov. 22 and 23. For more information, call 228-3461.

Trap, skeet range

Have some fun practicing your marksman- ship with the "clay birds" this weekend at the trap and skeet range. The range is open Saturdays from 7 to 11 a.m. For more infor- mation, call 228-3736.

Fishing, hunting licenses

Outdoor recreation has Arizona Fishing and Hunting licenses available. The following prices are state regulated: Fishing: State: \$18. Urban: \$16. Two-pole stamp is an addi- tional \$4 and trout stamp is an extra \$10.50. Hunting: \$25.50. Deer tag: \$17.50. Combo: \$44 (combo includes fishing license and trout stamp). For more information, call 228-3736.

Football Frenzy 2003

Come by every Sunday and Monday to catch the excitement of Football Frenzy 2003. Every Sunday watch multiple games at both clubs with NFL Sunday Ticket and local broadcasts. Doors open at 5 p.m.

Club members will also be taking home local prizes and giveaways including a brand new car and a living room set. Look for more grand prizes to be announced every week.

The Desert Oasis Enlisted Club is showing games on their new Sony 60-inch big-screen TV. The car and furniture will be awarded at the 2004 Super Bowl Party. Enter once every week to increase your chances of winning. Sundays enter the Sunday Frenzy Drawing for a chance at great prizes, including an Arizona Cardinals official football autographed by the team.

Sports Shorts

Continued from Page 15

Check out these great prizes and specials at both clubs: \$25 in club bucks to the squadron with the most people in attendance (minimum 20 people); \$25 in club bucks each quarter.

Early bird specials include 20-cent hot wings from 5 to 6 p.m. Special drawings on selected game nights for Arizona Cardinals home game tickets.

Fill out the Football Frenzy official entry form for a chance to win a trip to one of these games from Air Force clubs; Houston at Tampa, the 2004 Super Bowl, or the 2004 Pro Bowl.

Come early for the drawing to sit in the "big dawg" chairs and get VIP box treatment from 6 to 7 p.m. For more information, call 228-3301 or 228-3100.

Bowling

Tuesday Early Risers (Week 5)

Team	W-L
Sunflower Gals	27-13
We'd Rather B Sleeping	24-16
Monarchs	24-16
Wee Bee Bad	23-17
Hit & Miss	20-20
The Young'ens	16-24
Ping Kel	14-26
A P O	12-28

OWC (Week 5)

Team	W-L
Strike Outs	28-12
Donna's Darlins	26-14
Cool Cats	24-16
Almost There	23-17
Three Bees	20-20
Lucky Ladies 17-23	
Rolling Pins	16-24

Intramural-Natl (Week 5)

Team	W-L
SVS #1	32-8

Scoreboard

COMM #1	32-8
AMARC Woodmill	30-10
CPTS #1	26-14
CMS	26-14
EMS/AMMO #1	24-16
LRS	22-18
MDG	22-18
CONS	20-20
CPTS #2	18-22
COMM #2	18-22
12 AF #1	16-24
Lockheed	14-26
SVS #2	14-26
25 OWS #1	14-26
AMARC	12-28
25 OWS #2	12-28
EMS #2	8-32

CE Mixed Trio (Week of Oct. 2)

Team	W-L
Beer	17-3
Five	15-5
Cans	14-6
Good Bad & Ugly	13-7
Raiders	13-7
Brew Crew	11-9
Ernie's Rebels	10-10
Cruisers	8-12
BJ Bunns	7-13

Leave The Bangs	5-15
Jut 4 Fun	4-16
Dirt Boys	3-17

Thursday Night (Week 5)

Team	W-L
Man On	32-8
Six Shooters	28-12
FUBAR	26-14
Mickey's Mavericks	24-16
Mission Impossible	24-16
Fran's Friends	22-18
O Spare Us	22-18
May Bees	22-18
3 Jays and Me	20-20
Shaka II	18-22
PBJs	18-22
PCs	14-26
FAMAs Orrs	12-28
Lane Brains	12-28

Phantom Mixed (Week 4)

Team	W-L
Alley Oops	24-8
Gutter Busters	20-12
The Oddballs	16-16
The Cajuns	14-18
So So's	12-20

Just 4 Fun	10-22
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Bantams/Preps (Week 2)

Team	W-L
Team #2	10-6
Team #3	10-6
Pin Knockers	10-6

Pee Wees (Week 2)

Team	W-L
Pee Wee Girls	7-5
Pee Wee Boys	5-7

Youth (Week 2)

Team	W-L
Hit Em Up 2.0	14-2
The Who's	14-2
Team #6	14-2
EZ Rollers	14-2
The 4 Angels	10-6
Headpin Strikers	6-10
3 Guys & A Gal	4-12
Why R We Here	4-12
Strike Force	4-12
Team #2	2-14
The Strikers	2-14

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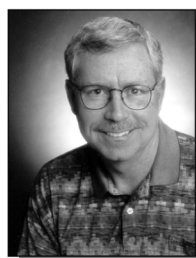
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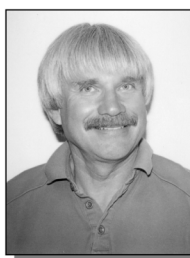
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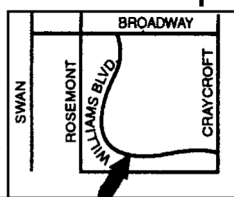
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Young children will be better behaved when they know clearly what you expect of them. Instead of just saying, "Don't do that," show and tell your child what you *do* want him or her to do. Follow these four steps:

This will tell you whether or not your child understands your expectations.

3) Ask your child to demonstrate the behavior to you.

If your child can demonstrate the behavior reasonably well, then you know that it is within the child's abilities.

4) Model the behavior yourself.

Children are always watching you and trying to imitate your behavior.

1) Teach your child the steps of the desired behavior.

It is unreasonable to expect your child to do something if you haven't taught it to him or her.

2) Have your child describe the behavior back to you.

Use these steps to reduce behaviors like whining and nagging or to improve behaviors like table manners and sharing toys.

For more tips on parenting, visit www.parenting.org or call the Girls and Boys Town National Hotline, 1-800-448-3000.

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Chapel Information

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted. The Desert Dove and Hope Chapels share the parking lot at 5385 E. Ironwood. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and women's, men's and family ministry, call 228-5411.

Catholic Mass schedule

Saturday: Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

Sunday: Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

Daily: Mass is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

Protestant Services schedule

Sunday: Contemporary Service is at 8:30 a.m. and Gospel Service is at 11:15 a.m. at Hope Chapel. Traditional Service is at 11:15 a.m.

Education Services

Scholarship

The Gen. Henry H. Arnold Education Grant Program provides \$1,500 grants to selected sons and daughters of active duty, Title 10 Active-Guard Reserve/Reserve, Title 32 AGR performing full-time active duty, retired, retired reserve and deceased Air Force members; spouses (stateside) of active duty members and Title 10 AGR/Reservists; and surviving spouses of deceased personnel for their undergraduate studies. Instructions and Application will be posted in late October at www.afas.org/body_grant.htm.

Foreign transcripts

Defense Activity for Non-Traditional Educational Support has a Web site at www.dantes.doded.mil/dantes_web/refpubs/fttr.htm which lists companies that evaluate foreign transcripts and belong to the National Association of Credential Evaluation Services. These are reputable companies. These companies charge a fee and it's the student's responsibility to pay that fee. To determine the most appropriate one, the student should contact the college or university they are attending for additional guidance.

CCAF graduation

The fall Community College of the Air Force graduation is Nov. 17 at 2 p.m. at The Mirage Officer's Club. Graduates need to contact Rafael Maldonado at 228-3484 for reservations or to obtain more information.

Excelsior College

Excelsior College examinations are accepted for credit at nearly 1,000 universities and colleges worldwide. They cover a wide range of subjects and many of them provide upper-division college credit. This can be an alternative to the college level examination program or DANTES subject standardized

tests. Make sure the college or university that you are attending will accept this exam for credit before taking it. For more information about Excelsior College Program and exams, visit www.Excelsior.edu.

Family Support Center

Veteran's Affairs claims assistance

A Veteran's Affairs representative provides group appointments concerning veterans and disability benefits Monday at 10 a.m. and noon in Building 3200, Room 266. To sign up, or for more information, call 228-5690.

Deployed Spouse Info Seminar

If your spouse is deployed or on remote tour and you would like to know what programs the wing has to support you, come to a seminar full of good information Monday at 9 a.m., 2 or 7 p.m. at the Desert Dove Chapel. Free babysitting is available at 7 p.m. only. For reservations, call 228-5690.

Right Start Base Orientation

Right Start Base Orientation is designed to welcome all newcomers to Davis-Monthan and the Tucson area. Leadership and base agencies discuss a variety of programs and services available Tuesday from 8 a.m. to 4 p.m. at The Mirage Officer's Club. Free childcare is available. For more information, call 228-5690.

Resume Workshop

There is a workshop Nov. 4 from 8 to 10 a.m. in Building 3200, Room 266 that gives a synopsis of resumes from start to finish. For more information, call 228-5690.

Smooth Move

There is a Smooth Move briefing Nov. 5 from 8 to 11 a.m. in Building 3200, Room 266 to help members prepare for their next permanent change of station assignment. For reservations, call 228-5690.

Happenings

Book Fair

Borman Elementary School hosts its annual Fall Book Fair Monday through Oct. 31. Hours are 8 a.m. to 2:30 p.m. except Wednesday, hours are 8 a.m. to 1:30 p.m. Tuesday from 5 to 7 p.m. is Family Night with food, fun, activities and prizes.

Thrift shop

The Davis-Monthan Thrift Shop, located in Building 3220, is open Tuesdays and Wednesdays from 9 a.m. to 2 p.m. Consignments are taken until 1 p.m. To reserve space for large items and furniture, call 228-2120.

Military appreciation

The Veterans of Foreign Wars, post 549 located on the corner of 29th Street and

Craycroft, invites all active-duty, reserve, guard, retired military personnel and a guest to visit the post during the month of November. Just bring a military ID to get in. For more information, call 750-1734.

First 6 Advisory Council

The Davis-Monthan First 6 Advisory Council was established to provide an open platform enabling the enlisted force to express their opinions and make suggestions to improve morale and quality of life. All are welcome to attend their monthly meetings, usually held the first Wednesday of each month at 3 p.m. in the enlisted club's Top 3 Lounge. For more information, go to the D-M intranet and click on First 6.

Movies

Movies begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults and \$1.50 for children under 12 and senior citizens. Admission is for ID card holders and their guests only. For the theater movie recording, call 228-5694.

Friday: Dickie Roberts; Former Child Star

(PG-13) Dickie Roberts is a 35-year old former child star. Now an out-of-work actor turned parking valet, Dickie is desperate to audition for a great role that could revitalize his career, but the part requires him to play a "normal" guy. Problem is, Dickie is anything but normal. So, in a desperate act, he hires a family to adopt him so he can relive his childhood and, in essence, grow up from scratch. *1 hour, 39 minutes*



Saturday: My Boss's Daughter

(PG-13) When his boss asks him to house sit, Tom Stansfield knows this is the chance he has been waiting for to get the girl of his dreams, who happens to be his boss's daughter. However, things don't go exactly as planned, as one houseguest after another keeps interrupting his time with her. *1 hour, 41 minutes*



Sunday: Cabin Fever

(R) Five friends escape to a remote log cabin in the woods to enjoy some peace and quiet. But the fun is ruined when a delirious stranger covered in bloody sores crashes their party. The lunatic flees into the woods, but it's too late for our five friends: contact was already made. Eventually, one of the friends gets sick and the rest begin to fight with each other fearing they may be next. *1 hour, 34 minutes*



Services Activities

Family and Teen Talent Show

The Family and Teen Talent Show will be held Nov. 22 at the youth center. Registration forms, program guidelines and photo release forms are available at the community center, located in Building 4201. For more information, call 228-3717.

Community Center Swap Meet

Come to the community center Saturday and sell all of those items that have been collecting dust at your house or storage room. The center will rent tables for just \$5 or two for only \$8. While you are there, enjoy something from Stormy's Cafe. They have a wide selection of sandwiches and beverages at very reasonable prices. For more information, call 228-3717.

Expanded Family Child Care

Expanded Family Child Care is for parents who work extended hours, experience a shift change or who are in need of temporary help. Childcare is provided in contracted family child care homes at a nominal cost or no cost to members. Parents must be active-duty Air Force members, members of other military services assigned to an Air Force base, Air National Guard or Air Force Reserve members in training status on weekend or annual training. Service is provided on a space-available basis. The base family child care office decides which members have the most pressing needs to use the available care. For more information, call the FCC office at 228-2201. They will be able to provide additional information on qualification status requirements for the program.

Congressional Awards Program

The Congressional Award is a public partnership created by Congress to promote and recognize achievement, initiative and service in America's youth. The CAP provides a unique opportunity for young people to set and achieve personally challenging goals that build character and foster community service, personal development and

citizenship. This program is open to all 14 to 23 year olds, military or civilian. Participants can earn Bronze, Silver and Gold Congressional Certificates and Medals. Each level involves setting goals in four program areas: volunteer public service, personal development, physical fitness and expedition/exploration. Each level requires a minimum of hours and is carried over to the next level. To find out more about the program, teens ages 14 to 17 years can contact the youth center at 228-8844. Individuals ages 18 to 23 years can contact the community center at 228-3717. Additional information is also available at www.congressionalaward.org/congress.

Make your own popcorn balls

October is popcorn month. Learn about popcorn and make your own popcorn balls. Teens are invited to make popcorn balls Tuesday from 7 to 8 p.m. Primary is Wednesday from 5:30 to 6:30 p.m. Preteens meet Thursday from 5:30 to 6:30 p.m. There is no cost to make the popcorn balls at any of the classes. For more information, call the youth center at 228-8844.

Dance lessons

Danswest Dance Productions All Star Academy, under the direction of Frank Trent, is now offering dance classes at the Desert Lightning Community Center. Dance programs are for youth ages 5 to 18 years. Classes are offered Mondays through Fridays. Classes available are: Beginner's Ballet, Intermediate Ballet, Jazz, Hip Hop, and Tap. For more information, call 228-3500.

Artist, craftsman, photography contest

The contest is in November so start crafting. Last year there were lots of outstanding entries and many awards were handed out. Entries will be accepted Nov. 4 through 7.

Painting classes

The arts and crafts center will soon be offering painting classes. Learn how to do oil paintings as well as painting ceramics. Look for more information coming soon or call 228-4385.

Services hours

Arts and Crafts Center	228-4385
<i>Tues., Wed. and Fri. 9 a.m. to 5 p.m.; Thurs. 10 a.m. to 7 p.m.; Sat. noon to 4 p.m.</i>	
Auto Skills Center	228-3614
<i>Tues. - Fri. 9:30 a.m. to 8 p.m.; Sat. 9 a.m. to 9 p.m.; Sun. noon to 5 p.m.</i>	
Blanchard Golf Course	228-3734
<i>Daily, sunrise to sunset</i>	
Bowling Center	228-3461
<i>Mon. - Thurs., 8 a.m. to 8 p.m.; Fri. 8 a.m. to 11:30 p.m.; Sat. noon to 11:30 p.m.</i>	
Cabanas	747-3234
<i>Mon. 10:30 a.m. to 9 p.m.; Tues. - Thurs. 10:30 a.m. to 9 p.m.; Fri. 10:30 a.m. to 10 p.m.; Sat. 1 to 10 p.m.; Sun. 1 to 8 p.m.</i>	
Child Development Center	228-3336
<i>Mon. - Fri. 6:30 a.m. to 5:30 p.m.</i>	
Community Center	228-3717
<i>Mon. - Fri. 7 a.m. to 9 p.m.; Sat. 9 a.m. to 9 p.m.; Sun. 10 a.m. to 6 p.m.</i>	
Desert Oasis Enlisted Club	228-3100
<i>Call for other hours and activities.</i>	
Eagles Nest Restaurant	228-7066
<i>Located at the Golf Course: Daily, 5:30 a.m. to 4 p.m.</i>	
Enlisted Club Barber Shop	748-8710
Family Child Care	228-2201
<i>Mon. - Fri. 7:30 a.m. to 4:30 p.m.</i>	
Fitness and Sports Center	228-0022
<i>Mon. - Fri. 5 a.m. to 11 p.m.; Sat. 8 a.m. to 8 p.m.; Sun. 9 a.m. to 7 p.m.</i>	
Haeffner Fitness Center	228-3714
<i>Mon. - Fri. 5:30 a.m. to 7 p.m. Closed weekends, holidays and UTE days.</i>	
Information, Tickets & Travel	228-3700
<i>Mon., Tues., Thurs. and Fri. 9 a.m. to 5 p.m.; Wed. 10 a.m. to 5 p.m.; Sat. 10 a.m. to 2 p.m.</i>	
Library	228-4381
<i>Mon. - Thurs. 10 a.m. to 8 p.m.; Fri. 10 a.m. to 6 p.m.; Sat. 10 a.m. to 5 p.m.</i>	
Lodging Reservations	748-1500
Officers Club Barber Shop	748-8968
<i>Mon. - Fri. 11 a.m. to 1 p.m.</i>	
Outdoor Recreation and Equipment Rental	228-3736
<i>Mon. - Tues. and Thurs. - Fri. 8 a.m. to 5 p.m.; Wed. noon to 5 p.m.; Sat. 10 a.m. to 2 p.m.</i>	
Stormy's Cyber Cafe	228-3717
<i>Mon. - Fri. 7 a.m. to 6 p.m.</i>	
The Mirage Officers Club	228-3301
<i>Call for other hours and activities</i>	
Veterinarian	228-3529
<i>Subject to change: Mon. - Fri. 7:30 a.m. to 4 p.m.</i>	
Youth Center	228-8844
<i>Tues. - Thurs. 5:30 a.m. to 9 p.m.; Fri. 5:30 a.m. to 9:30 p.m.; Sat. noon to 8 p.m.</i>	

What's happening at the D-M clubs

Squadron Air Force club membership race

The clubs are offering a great opportunity for squadrons to receive 50 percent off their next squadron function. The squadrons with the most new members acquired between Aug. 18 and Oct. 31 win half off any function at The Mirage Officer's Club. Three prizes will be awarded to winners in each of the following categories: small squadron (0 to 150 personnel), medium squadron (151 to 300 personnel) and large squadron (301 or more personnel). New members must be assigned to the squadron that they signed up under and can be either military (enlisted or officers) or civilian members. The discount cannot be used for alcoholic beverages. For

more information, call 228-3301.

Becoming a club member

Would you like to start enjoying great club benefits today? Stop by the club and fill out a membership application. You'll become a member instantly and be eligible for numerous local and Air Force wide benefits including members only discounts and events, discounts on club dining, promotional prizes, giveaways plus much more. You'll also receive Services Bucks that you can use at designated Services Activities and many off-base businesses. In addition, all new members receive two months of membership dues free.

DESERT AIRMAN CLASSIFIEDS

Furniture & Appliances

Just beautiful King mattress set double pillow top very thick white \$350. Queen mattress set. Nice quilted \$150. Full size \$135. 573-6950. 10/24 1T/P.

Large Sofa and Loveseat for sale \$500 OBO. TV Swivel Stand wood \$150 1yr old. Must Sell. Call 228-9062 or 991-3919.

Bamboo chair with green cushion \$50 obo, Entertainment center \$100 obo, Computer desk \$50 obo, Call 584-1194.

Oak 6pc. King headboard group w/ nightstands, book cupboards, mirror back with lights. Must sell together. Immaculate condition. Asking \$350. Call 745-0587 leave message. Tan couch & loveseat \$300. Oakwood high-round table \$150. Oakwood TV Stand \$40. Panasonic microwave \$30. Black futon \$50. Call 298-8150.

Furniture & Appliances

Loveseat/chair/ottoman, matching twin oak beds w/mattresses, microwave, Huffy girls bike, sleeper sofa, floor model LXI TV, Samsung TV, golf clubs, push lawn mower, seeder, and gas grill. Please call 574-3082 after 5 p.m.

Rectangular Wrought Iron Table with glass top & 4 chairs, Great for a Patio, \$75; Table Lamp, \$15; 2 Matching lamps with marble base, \$45; 2 matching mirrors, \$15. Call 299-2207

Pets

Puppies for sale \$200 to \$400, Call 584-1194.

2 medium dogs free to good home immediately. Cannot keep due to unfortunate circumstances. 1M/1F, spayed and neutered, good with babies and children and other animals. Please call for more information 745-2098

Homes for Rent

Brand new home in Santa Rita Ranch. 7 miles southeast of I-10. 2045 sq ft 3 bd 2 ba plus den. Avail immediately. \$1250 mos rent \$1250 deposit 760-3315 TFN

Eastside, newly painted 1600sqft tiled, 3 bed, 1 3/4ba, dining, family & laundry room, AC. Quiet neighborhood, near schools, large secure yard, large shed, carport. Pets negotiable. \$975 571-9670.

Spacious home near DMAFB. (Pantano Pkwy/ Golflinks) 4BR, 2BA, 2CG. 2156sqft. Near school, park & golf course. Avail NOW! \$1175/mo 847-921-7275.

Homes for Rent

Brand new home in beautiful Santa Rita Ranch. 7 miles southeast of I-10. 6061 E. 28th 544-9305

Beautiful home, tiled, 4 bedrooms, 2 bath, 3 car garage, Large covered patio and a water fountain in the back. Pets ok. All appl. washer/dryer and dish washer. In a really nice neighborhood. Only \$1200 a month. Call Erin at 990-8857.

2045 sq ft 3 bdrm 2 ba plus den. Available immediately. \$1200 mos rent, plus \$1200 deposit. 760-3315 10/24 1T/P.

Homes for Rent

RITA RANCH 3 BD/2BA close to base. Beautiful large landscaped yard. 2 c/g AC. peaceful neighborhood. \$950 John Wk 886 2946 Hm 663 1447

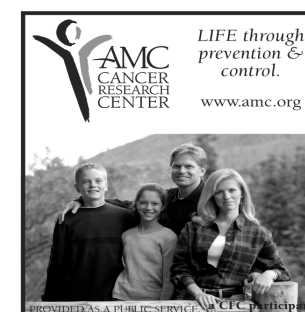
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1500 sq/ft, 3 bedroom / 2 bath. New carpet, tile and paint. Within 1 mile of base. With refrigerator, microwave, automatic drip system, W/D. Great deal at \$950/month. 390-7326.

Real Estate

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Condo for Sale

1 bedroom, 1 bath condo. Very close to Davis Monthan AFB. Upgraded floors and Sink, very clean and bright throughout. \$67,500.00 Call Patti Martin 906-6445 @ Madera Realty & Mortgage

Rooms for Rent

Wanted Retired Military to share home on East side Non-smoker for more information please call 885-2906.

Homes for Sale

Price reduces! SW Mobile, 2-bed, 2-bath, Deck, Awning, all appliances, low lot rent, must sell! Please call: 745-4529.

Beautiful home, tiled, 4 bedrooms, 2 bath, 3 car garage, Large covered patio and a water fountain in the back. Pets ok. All appl. washer/dryer and dish washer. In a really nice neighborhood. Only \$195,000 under market value. Call Erin at 990-8857.

Wanted

Babysitter needed on base 3 to 4 days a week. From 2:30 p.m. to 8 p.m. Call Rickor Dena. for more information 514-2146.

Old lawn mowers, running or not, any condition. Will pick-up. Call 514-0663.

1989 Chevy Suburban, 4x4 1500 loaded, clean and well kept. 85K, bar lights, front mount cooler rack. \$5000. (520) 572-3719.

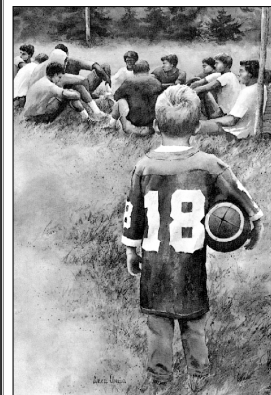
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RMO "Coin" in the 355 Wing Parking Lot - Awarded for becoming an airman. Please Call 228-5260 and be able to provide a description.

Reward

\$1,000 419-335 24/7 female cat 10lbs black ears, all white frnt, black & gray coat. black & gray ringed tail, white flea collar only, ocean blue eyes, Black strps on all frnt legs.

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Misc. for Sale

12 foot aluminum boat, 9.9 Yamaha 4-stroke, 7.5 Wards 2-stroke, electric trolling motor and battery, anchors, oars, and misc. \$1,200. Call 404-9445.

UNIFORMS FOR SALE! Mess Dress, Service Dress, BDUs, DCUs, blues, jackets, & more. Mostly medium sizes. All in excellent condition. Call Matt at 881-0726 for complete details.

Lawn mower with bagger, looks and runs great. Lawn mower is on base and can be seen anytime. \$75. Call 514-0663.

18" Chrome Helo Renegade rims with Falken 255/45ZR tires. Fits 5-lug rear wheel drive. Includes 20 chrome lugs and key. \$1,500. Call 990-7217.

Set of 15 inch Alloy rims and Firestone Wilderness HT tires, 5-bolt mount fits Ford, Chevy, Dodge light trucks and SUV's. \$80 OBO call David at 790-7238.

Like new Adidas Men's 7 1/2 Indoor shoes and size M shorts. Tongues not even broken in. Together only \$30! 745-5228

Misc. for Sale

Black TECNIC Motorcycle jacket- Brand new, never worn, still has tags, 100% waterproof, Armorshield armor in shoulders, elbows, and back 12mm padding in kidney area, 8" zipper connection for pants, mens size 46. \$149.00 at local stores. \$110. Call for more information 514-0663

Cars & Trucks

2001 Oldsmobile Intrigue. Must see, Excellent Condition!!!. Need to sell immediately due to deployment. \$10,500 OBO. Please Call 574-2805/360-3767.

1999 Ford Ranger XLT, 4WD, 4DR EXT. cab, power locks/windows, a/c, sliding rear window, am/fm cd, tow package, rhino liner, bed cover, runs/looks great, \$12,500. 745-2766.

2000 Olds Intrigue White, 50K Miles PS, PW, PB, AT, 4D, AB, ABS, Reduced to \$10,000. 360-3767 Tom.

1993 Mercury Sable Stationwagon LS 3.8L V6 Great Family Car. Runs Great and in great condition. \$3525 blue book price. Asking \$2300 obo 790-1039.

Cars & Trucks

1994 Buick Park Ave, PCSing must sell. Very smooth riding car. Kelley blue book value is \$4850. Sacrifice, first \$4000 take it! Car is on base and can be seen anytime. Please call 514-0663.

2000 Mercury Mountaineer White/Gray Leather V8, 35K miles, PS, PL, cruise, Tilt, 6 disc CD, tint, alarm, fully loaded, all records, call Brooke (520) 465-3397. \$16K OBO.

1996 Honda Accord LX, 4 dr, CD, AC, 5 spd, Cruise 140K, New paint job, color green, \$6000 for more details call Mat 907-5218 Home 228-1987 work.

Wanted


"Wanted: Responsible individual to dog/house sit friendly chowchow @2-7 Nov in Rita Ranch area, salary negotiable. 591-6432. "

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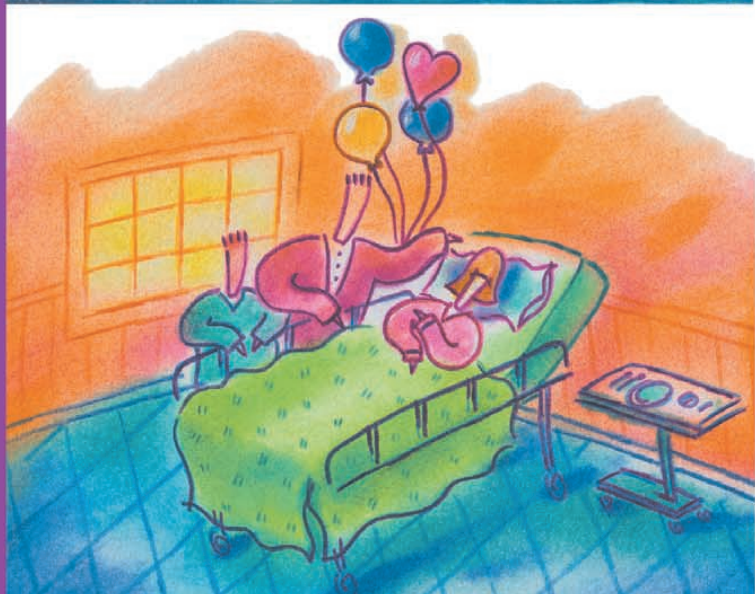
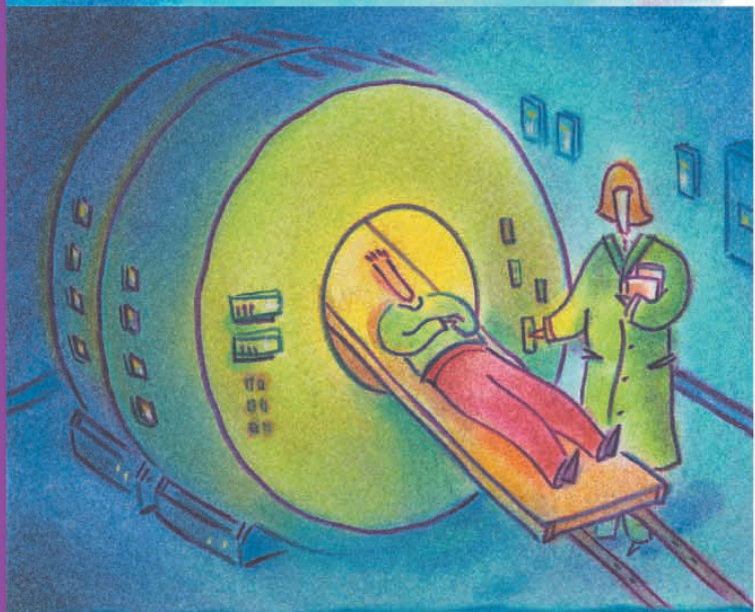
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A CARONDELET HEALTH TIP

Watch Your Step

by John P. Powers, DPM, Podiatric Surgery

Every day your feet endure roughly 8-10,000 steps. Many women endure those steps in high heels. This is the primary reason women have, according to the American Podiatric Medical Association (APMA), about four times as many foot problems as men.

High heels may be a major problem for women, but they aren't the only problem. Pregnancy and age are just some of the factors which play a role in foot health.

The APMA determined that high heels — pumps with heels of more than two inches — are biomechanically and orthopedically unsound. High heels may contribute to a variety of foot problems including knee and back problems, injuries resulting from falls, shortened calf muscles, and an unnatural gait.

If you're a slave to fashion you can alleviate some of the high heel damage. Limit the time you wear high heels by alternating with more comfortable, naturally fitting shoes for part of the day.

Nylon stockings can cause foot woes, too. Because nylon doesn't breathe it creates a warm, damp area around your feet, inviting fungal infections (athlete's foot). The abrasiveness of nylon combined with a tight-fitting shoe is a recipe for blisters. Even more detrimental are tighter fitting support hose.

Pregnant women should take special precautions with their feet. Pregnancy changes the entire body, but supportive, shock-absorbing shoes with broad-based heels help swollen feet and ankles to bear the weight of those changes. A podiatrist should be seen if unusual foot discomfort is experienced.

Fat pads on the bottom of the foot deteriorate as you age, so older women experience more foot trouble than younger women do. Cushioned shoes are crucial, as is a soft flexible upper that conforms to the natural shape of the foot. Wearing leather shoes that "breathe" help prevent skin irritations on the feet.

If you experience continued pain an examination by a foot and ankle specialist is in order. Attempts at self-treatment can cost you not only time and money, they might make the problem worse. Preventing foot problems can be as simple as a wardrobe change and a little extra care — a small price to pay to avoid the agony of "de feet."

Dr. Powers practices Podiatric Medicine and Surgery in Tucson and Green Valley. Call (520) 319-3283 for an appointment.

Have a health or medical question you'd like answered?

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